

# November Harvest of the Month Cabbage

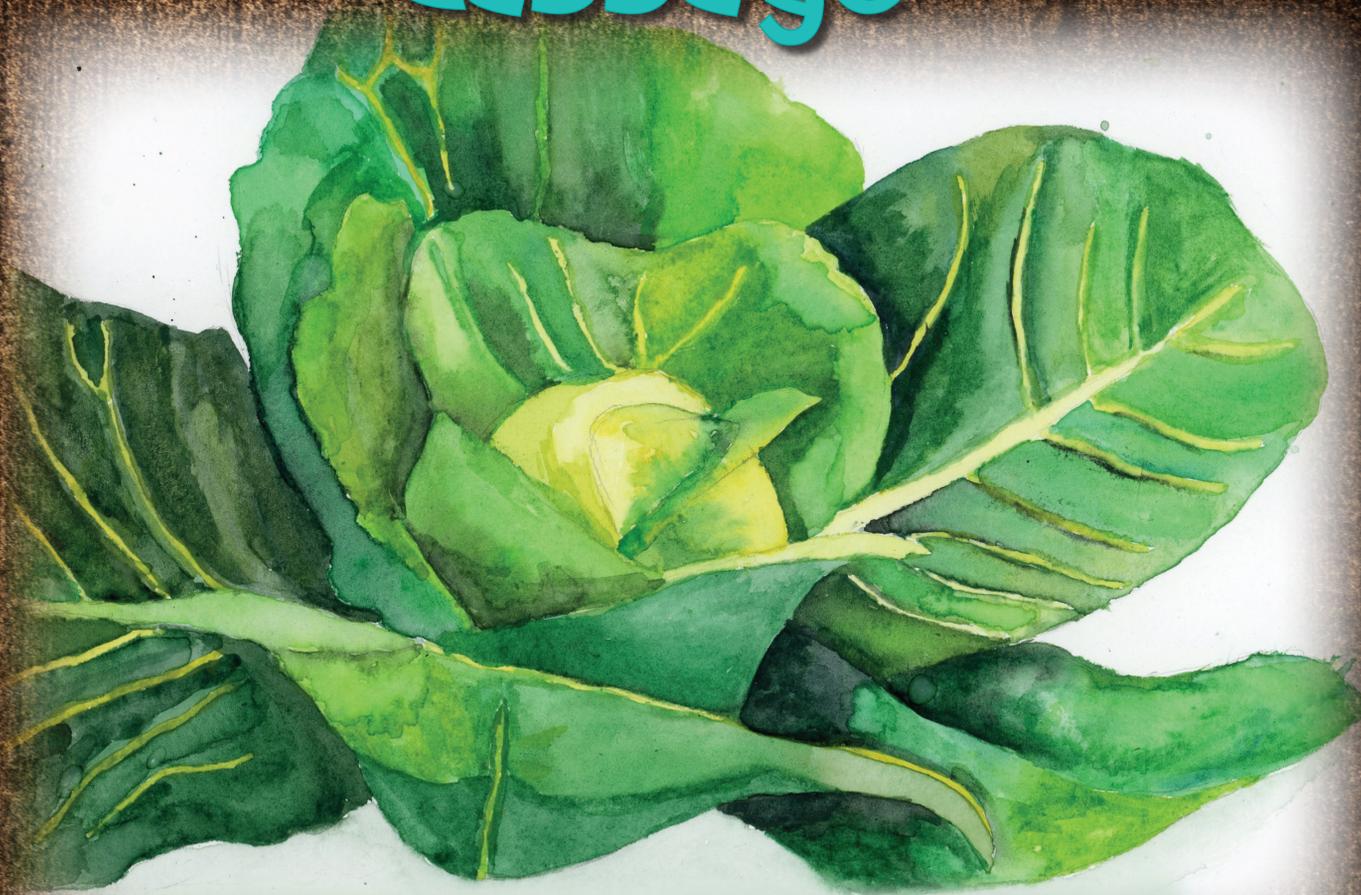


Illustration by Caroline McLellan, Charlottesville City Public Schools

## Try Cabbage at Home!

### Health and Nutrition

Cabbage is a good source of:  
Vitamin K, Vitamin C, Fiber, Electrolytes and minerals.

Which cabbage you choose makes a difference in its health benefits. Lightly steamed cabbage has cholesterol-lowering and high fiber benefits.

Red cabbage has high levels of vitamins. Savoy cabbage has shown unique cancer preventive properties. Raw cabbage is low in saturated fat. The take away – enjoy a variety of cabbage types several times a week.

**Did YOU Know** 

The heaviest cabbage ever recorded was 138.25 lbs and was grown in 2012 in Palmer, Alaska.

*Reading Together*

Check out our featured book:  
*Katie's Cabbage*  
by Katie Stagliano

